

Moss Side

to a
healthier lifestyle

STEP UP

PHYSICAL ACTIVITY

STOP SMOKING

HEALTHY EATING

ALCOHOL AWARENESS



Improve your health and wellbeing with
Manchester Community Health Trainers

Step and jump on board the health bus for this free and confidential service

Friday 8 July 2011
10.00am - 3.00pm
Main Car park **ASDA**
Hulme
Princess Road
Manchester M15 5AS

For a one-to-one with your local Health Trainer call
now on **0161 861 2548**

Get your **FREE** health MOT
Enter a **FREE** prize draw

visit: www.mphds.org

MANCHESTER
CITY COUNCIL

Manchester Mental Health **NHS**
and Social Care Trust

One small step can make a big difference

Losing weight

Eating healthier

Stopping smoking

Becoming more active or just looking for practical support

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Imagine how much easier it would be to stick to a new life regime if you had someone to encourage you at every step...

Well that's exactly what a specially trained group of Health Trainers are doing in your local area. They are not super-fit men and women clad from head to toe in lycra – instead they are people who understand how hard it can be to change the habits of a lifetime and they are there to help you make that first step to a different life.

Health Trainers offer you the opportunity to work with them for a number of weeks or months. They will help you to set manageable health goals of your choice and support you to achieve them. This could include going shopping with you to investigate food labels or encouraging you to be more active by walking, swimming or perhaps going to a gym, maybe even going with you on your chosen activity once or twice to help you settle in. You may wish to reduce your alcohol intake, stop smoking or socialise outside the home more and your Health Trainer could also help you achieve this.

Alternatively if it is just health information you want or some guidance on a range of health and community services available to you your health trainer can help with this too.

If you are interested in making a lifestyle change, the Health Trainers are here to help you make that happen.

If you would like more information about the Health Trainer service, or would like to make an appointment with your local Health Trainer then please call 0161 861 2548.

This is a free, confidential NHS funded service.